

5 station transmitting data to the source-base station at a first BS data rate and a first BS power level, a method comprising the steps of:

monitoring, at the remote station, a [the] first signal quality of the first received-spread-spectrum signal;

10 scanning, at said remote station, a plurality of received-spread-spectrum signals radiated from the plurality of base stations, respectively;

15 storing, at said remote station, a plurality of signal qualities for the plurality of received-spread-spectrum signals, respectively;

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selecting, from the plurality of received-spread-spectrum signals, at said remote station, using the plurality of signal qualities from the plurality of received-spread-spectrum signals, a second received-spread-spectrum signal having a second signal quality transmitted from a target-base station;

initiating, from said remote station, upon the first signal quality falling below any of a [the] predetermined handoff threshold, a handoff process;

25 transmitting, from said remote station, an RS-access-burst signal having a plurality of RS segments, with each RS segment having a plurality of RS symbols carrying differentially encoded BS power-control information, with the plurality of RS segments having a plurality of RS power levels, increasing in time, respectively;

queuing, upon requesting the handoff process to the

target-base station, RS data for transmission from said remote station;

receiving, at said target-base station, the RS-access-burst signal at an RS detected-power level;

35 transmitting from said target-base station a BS-access-burst signal having a plurality of BS segments, with each BS segment having a plurality of BS symbols carrying differentially encoded RS power-control information, with the plurality of BS segments having a plurality of BS power levels, 40 increasing in time, respectively;

B1 differentially encoding, responsive to detecting the BS-access-burst signal, the plurality of RS symbols with BS-power control information including power level for said target-base station;

45 differentially encoding, responsive to detecting the RS-access-burst signal, the plurality of BS symbols with RS-power control information including power level for said remote station;

50 receiving at said remote station, the BS-access-burst signal from said target-base station;

receiving at said target-base station, the RS-access-burst signal from said remote station;

transmitting, from said remote station to said target-base station, the queued RS data at a second RS data rate, with the second RS data rate greater than [the] a first RS data rate,